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**"Meditation - Road to a Calm Mind", by G. Medovoy, September 24,  
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George Medovoy

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# Meditation—Road to a Calm Mind

## UCD Extension to Offer Course on Mysticism

By GEORGE MEDOVOY  
Special to The Union

Picture yourself driving home after a long, hard day at the office. You're tired, tense, maybe you've got a little tired blood pulsating through your

What to do, you ask yourself. Try a relaxing anti-tension drug? Perhaps something like 90 proof?

Senseless. What you need doesn't come in bottles. Your problem can't be solved by magic elixir, no matter how strong they may be.

Face up to it, friend, chances are you've got alpha brain waves floating around in your head.

These are the phenomena that scientists can study with an EEG machine — better known as the electroencephalograph.

When you get nervous or tense, for example, the EEG machine registers your brain waves appropriately. But when you're relaxed, at peace with yourself, the machine registers what are commonly known as alpha

One way to get calm — and produce these alpha waves — is by meditation, according to Dr. Rhoda LeCocq, who will teach a three-month course, "Practical Mysticism: A Way of Life," through the University of California at Davis Extension in Sacramento.

She will cover the central core of world philosophies and religions — Hinduism, Buddhism, Taoism, Sufism, Judaism and Christianity, with a representative look at the mystics in each tradition and a practical workshop devoted to meditating.

"Our society is too outer-directed," she said. "People are not in touch with themselves. Meditation, an integral part of mysticism, can be applied practically in today's world. Meditation produces a calm mind that opens the door to concentration and self-analysis."

Dr. LeCocq, who holds a master's degree in philosophy from the University of California at Santa Barbara, and a PhD earned at the California Institute of Asian Studies, San Francisco, hopes that the term "meditation" won't scare people away.

One doesn't need a degree to meditate, she said.

How, then, do you do it? It's easy, and with a reasonable amount of practice anyone can meditate. Morning, noon or night — any time of day is just right.

Set aside 10 to 15 minutes in the morning, for example, get into a comfortable position in your favorite chair, and quietly review your schedule for the day. Or at twilight time, an excellent time to meditate, according to Dr. LeCocq, sit down and review what you did during the day.

Ask yourself how things went and how they might improve — since meditation should also lead to action.

What happens if you meditate at night and happen to fall asleep as a result? Take it from Dr. LeCocq — "I sleep like a dream."

As a matter of fact, many of the world's great mystics, she added, were ordinary, uneducated people.

"Meditation," the congenial instructor notes, "is a way for people to grow who are not in need of a psychiatrist. They can mature and get insight into themselves."

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B1

*On Rhoda*

*daughter of  
R. LeCocq*